

Smart Snacking for Adults

Eating a healthful snack can keep you from overeating at the next meal. Smart snacks can also help keep your blood sugars steady, boost your energy and keep you alert. The ideal snack should provide between 100 – 300 calories and provide a healthy balance of protein, carbohydrate and fat. Here are some snacking tips and ideas to help get you started:

Smart Snack Tips

- #1: Keep grab-n-go foods on hand.** Have handy snacks available at home, work or in the car like whole grain cereals, granola bars, dried fruit, V-8 juice, baby carrots, string cheese, yogurt and nuts.
- #2: Keep a water bottle on hand.** Drinking water in between meals and snacks can help you feeling satisfied until the next meal or snack.
- #3: Munch on high-fiber snacks.** Snack foods that contain fiber can leave you feeling full with few calories. Good choices include low-fat popcorn, whole wheat crackers, whole grain cereal (Cheerios, shredded wheat, Chex), whole wheat mini-bagels, fresh fruit and raw vegetables.
- #4: Vary your veggies.** Baby carrots and celery sticks aren't the only vegetables to enjoy. Try cucumber slices, bell peppers, cherry tomatoes, sugar snap peas for a variety. If you have a microwave available, heat up a sweet potato.
- #5: Snack on nuts.** Nuts like almonds, peanuts and walnuts can make a heart-healthy snack. Beware that too many nuts can lead to excess calories. Limit nuts to ½ ounce each day or about 12 almonds or 7 walnut halves.
- #6: Watch your snack portions.** Any metabolic advantages of snacking disappear if calories go up. Snacks portions should not make you feel full, but rather help you to be 'not hungry'.

Healthy Snack Ideas

100 calories or less	150 - 200 calories
<ul style="list-style-type: none">1 medium apple (or other fresh fruit)1 ounce string cheese½ cup Cheerios with ½ cup skim milk2 Graham cracker squares with ½ Tbsp. peanut butter½ cup nonfat cottage cheese3 cups light microwave popcorn8 baby carrots with 2 Tbsp. humus½ cup plain yogurt with ¼ cup berries¼ cup dry roasted soy nutsTrail Mix: ¼ cup Cheerios, 1 Tbsp. raisins, and 1 Tbsp.4 Triscuit crackers, 2 wedges of Laughing Cow Light cheese and 4 cucumber slices	<ul style="list-style-type: none">½ turkey sandwich on whole wheat1 pear and 1 ounce string cheese1 cup vegetable soup1 cup plain yogurt with ½ cup berries10 whole almonds plus ¼ cup raisins6 oz. vegetable juice plus 1 mini whole wheat bagel with 1 Tbsp. light cream cheese½ whole wheat pita with 6 baby carrots, 5 cherry tomatoes and 2 Tbsp. humus6 Triscuit crackers, 3 wedges of Laughing Cow Light cheese and 6 cucumber slices

Snack Attack!

Vending machines and convenience stores can be a source of empty calorie snacks. To avoid a hunger emergency, keep healthier choices on hand at your desk or in your car. Use the chart below to help you make better snack choices.

Better Choices	Choose Rarely
Popcorn (5/8 oz. bag)  Calories: 100 Total Fat: 6g	Doritos (King Size bag)  Calories: 420 Total Fat: 21 g
Apple (1 medium – 2 ¾")  Calories: 70 Fat: 0g Sugar: 15 g	Snickers Bar (2.07 oz.)  Calories: 280 Fat: 14g Sugar: 30 g
Granola bar (2 bars)  Calories: 180 Total Fat: 6 g Sugar: 11g	Cookies (1 snack bag)  Calories: 290 Total Fat: 14g Sugar: 18g
Graham Crackers (4 squares)  Calories: 130 Total Fat: 3.5 g Sugar: 7 g	Donuts, powdered (6 small)  Calories: 360 Total Fat: 18 g Sugar: 22g
Water  Calories: 0 Sugar: 0g	Soft Drink (20 oz.)  Calories: 325 Sugar: 87.5g
Fruited Yogurt (6 ounces)  Calories: 145 Total Fat: 2 g Sugar: 23g	Ice cream (1 cup)  Calories: 265 Total Fat: 15g Sugar: 28 g